



# QUAL 19.1

DATES: 26/05 14U - 12/06 22U

**FOR TIME THEN REPS / TIME CAP: 15MIN**

MOVEMENTS - BUY IN	COMPLETED	POSSIBLE
100 DOUBLE UNDERS		100

**TIE BREAK TIME**

MOVEMENTS	COMPLETED	POSSIBLE
25 DEADLIFTS 70KG / 155LB		125
25 BURPEES CHEST TO THE FLOOR		150
20 DEADLIFTS 70KG / 155LB		170
20 BURPEES CHEST TO THE FLOOR		190
15 DEADLIFTS 70KG / 155LB		205
15 BURPEES CHEST TO THE FLOOR		220
10 DEADLIFTS 70KG / 155LB		230
10 BURPEES CHEST TO THE FLOOR		240
5 DEADLIFTS 70KG / 155LB		245
5 BURPEES CHEST TO THE FLOOR		250

**TIE BREAK TIME  
AFTER DOUBLE UNDERS COMPLETED**

**YOUR QUAL 19.1 SCORE:  
FOR TIME THEN REPS**

**SCORE IS DETERMINED BY THE TIME TO COMPLETE REPS OR REPS COMPLETED**

TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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